Smoking makes you sick

Call the Quitline - dial 13 7848. They can help you stop smoking and you will feel better

- Short breath
- Can’t walk long way
- Baby sick if mother smokes
- Die young

Smokes will not be provided on reception from 1 May 2013

The last day you will be allowed to buy smokes is 16 June 2013

Smokes will not be allowed at the Barkly Work Camp from 1 July 2013.

You will not be able to smoke anywhere at the Barkly Work Camp from 1 July 2013. You have to give up smokes.

NT Department of Correctional Services gratefully acknowledges Phylis Hanna for her original illustrations and Erik Tikoft for the original concept for this brochure.
What does smoking do to my body?

- Stroke
- Throat cancer
- High blood pressure
- Lung cancer
- Stomach problems
- Infertility (harder for people to have babies)
- Less blood flow to legs gives you a greater chance of having a leg cut off
- Heart disease
- Sick lungs
- Short wind
- Sick kidneys
- Cuts take a long time to get better

How do I stop smoking?

1. Set a day to stop smoking (you need to stop by by 1 July 2013)

2. Get your family to help you - they may even want to stop smoking too

3. Support is available to you from Corrections to help you stop smoking. See a prison officer, they can give you patches to help you stop smoking. Support is also available to you from Anyinginyi in Barkly Work Camp, and you can call the Smoking Quitline dial 13 7848.

Things to do when you feel like having a smoke

- Take deep breaths and relax

- Drink water or tea

- Do some training

One of the best ways to forget about smoking is to do training. Not only will you be healthier from giving up smokes, your body will also get fit and healthy from training.